

Taking Care: Fruits & Veggies

We know the story. You want your family to eat more fruits and vegetables and you intend to serve more, but practical issues seem to always get in the way. We know. You need foods that are convenient and quick to prepare but you also need to feed picky eaters! In times of high stress, it's easy to reach for certain kinds of food, including food containing high sugar and fat. Notice how you feel after you eat those foods. We've included some tips below to help. [Learn More Here »](#)



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Top 10 Reasons to Eat More Fruits & Vegetables:

- ◇ Fruits & Veggies are Nutritious AND Delicious
- ◇ Fun to Eat!
- ◇ Quick, Natural Snack
- ◇ Variety
- ◇ Vitamins & Minerals

[See More Here »](#)

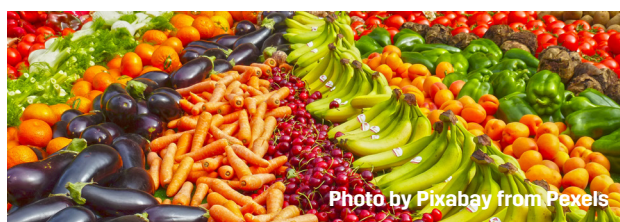


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Fruit & Veggie Tips:

- ◇ Start the day with a fresh fruit smoothie
- ◇ Dish up boiled edamame
- ◇ Give veggie noodles a try
- ◇ Have your kids make ants on a log for a snack
- ◇ Serve chopped veggies

[Learn More Here »](#)



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The Appalachian Sustainable Development Local Food Guide is a free resource for consumers who seek local food year-round. The guide highlights farmers markets, restaurants, farms, businesses, and more across Northeast Tennessee and Southwest Virginia.

[Learn More Here »](#)

[Click here for NETN & SWVA market schedule changes »](#)



Photo by Pineapple Supply Co. from Pexels

15 Ways to Have Fun With Fruits and Vegetables:

- ◇ Apple Nachos
- ◇ Fruit & Waffle Kabobs
- ◇ Fruit Salad

[Recipes Here »](#)

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